

**CHESTER COUNTY COMMUNITY FOUNDATION
GRANT PROPOSAL SUMMARY SHEET**

Date September 01, 2021

Contact Information

Organization Name: Family Service of Chester County
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Phone: 610-696-4900
Website: www.familyservice.us
Year Incorporated: 1947
FEIN: 23-1726329

Executive Director Name: Mark L. Butler, MS
Executive Director E-mail: mbutler@familyservice.us
Board of Directors Chair Name: Evan Hambleton
Primary Contact Name: Tyler Changaris
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Has your nonprofit ever applied to the Community Foundation? Yes No Not Sure
Has your nonprofit ever received funding from the Community Foundation? Yes No Not Sure
 Donor Advised Fund(s) Fund for Chester County Don't know/Not sure

Field/s of Interest:

Arts, Culture & Humanities Environment/Animal Welfare Education
 Health Human Services Religion

Organization Information:

Geographic Area Served (If not all of Chester County, specify primary Chester County regions served):

Chester County

Describe Population Served and Annual Number of People Served:

Family Service provides mental health care and specialized support programs to over 1,300 individuals and families in need of help to establish stability in the face of crisis. We serve people of all backgrounds and income levels. We provide our services for free or at low cost. We do not require health insurance, and never turn anyone away for lack of funds.

Mission:

Our mission is to provide life-changing individual and family support by removing barriers and providing access to counseling, case management, youth services, and family programs.

Proposal Summary:

Family Service of Chester County is seeking \$5,000 for Counseling Scholarships for low income individuals throughout Chester County. With this support, our professionally trained therapists can provide up to 140 sessions for 20-30 individuals throughout the next 12 months. The counseling program was created to provide access to counseling services to people who can not afford treatment. We believe that everyone should have access to mental health services.

Family Service's mission is to provide life-changing individual and family support by removing barriers and providing access to counseling, case management, youth services, and family programs. In 2020, we were able to serve over 900 clients in our counseling program. We have 5 different locations throughout Chester County, and employ bilingual counselors who help reach our Spanish speaking population. Family Service is also in partnership with local school districts to offer support and counseling services to students within those districts.

Family Service is grateful for this opportunity and believe our agency will be a worthy investment to help underserved families throughout our region. With our long track record of organizational success and caring and compassionate team members, real change is possible.

If Capacity Building Proposal, the focus is: n/a

___ Mission, Vision & Strategy ___ Governance & Leadership ___ Strategic Relationships
___ Fundraising & Development ___ Technology Other: _____

Annual Budget \$ <u>2,975,445</u>	<u>21</u> # of Full-Time Equivalent Paid Staff
<u>85</u> % of budget for program expenses	<u>8</u> # of Board Volunteers
<u>10</u> % of budget for administrative expenses	<u>50</u> # of Active Non-Board Volunteers
<u>5</u> % of budget for fundraising expenses	<u>500</u> # of Volunteer Hours

100 % total

Top 3-5 funding sources:

The following funders represent the five (5) largest funders for FY20: 1. Familias Unidas Contract, 2. City of Philadelphia, AIDS Activity Coordinating Office, 3. Housing Opportunities for Persons with AIDS Contract, 4. Supportive Housing Contract, 5. Strengthening Families Program: For Parents and Youth 10-14

Grant Amount Requested from the Community Foundation: \$ 5,000

Family Service of Chester County

Since 1947, Family Service has sought out the most vulnerable people in Chester County and provided them with affordable counseling and specialized support programs to promote their health and happiness. In 2020 alone, we were able to serve over 900 clients.

All of our programs are driven by the core principle that everyone has the right to be fully integrated in their community, have stability within their family life and home, and contribute to their community's future. This is regardless of age, ability, socioeconomic history, and financial means. Specifically, our counseling program offers coping skills and services to those struggling with issues related to mental health, trauma, substance abuse, healthy relationships, and similar barriers to success. All of our counseling staff are Master-level professionals who maintain a sensitivity to the clients they serve. The Counseling Program provides culturally sensitive support to vulnerable populations, including those who are isolated due to financial or linguistic barriers. To that end, the counseling program offers services in English and Spanish, and provides a sliding fee scale for those with limited resources.

We believe in treating everyone with dignity and respect. Over time, we have developed best practices to meet the constant and evolving needs of low income and disadvantaged Chester County residents. Our programs thrive on strategic partnerships with other organizations and local human service providers who refer clients to our programs and consult with our program directors to maximize the effectiveness of our services.

Everyone deserves access to quality programs with highly trained professionals who are committed and passionate about helping others. Family Service empowers everyone to reach their full potential. Your support is the reason we are able to listen and serve those in the most need.

A Pressing Need: Counseling Support for Low-Income Communities

Mental health and family counseling services are vital to the health of a community. This is especially true in present times, as we recover from the immense uncertainty and instability caused by COVID-19. The American Psychological Association has demonstrated how counseling is effective in improving the daily functioning of clients, decreasing rates of psychiatric hospitalization, and improving overall life expectancy. However, the association also found that counseling services are often underutilized by communities who would most benefit. This is because mental health services are expensive, require insurance, and are cumbersome to start. Further, adults with serious psychological distress are more likely to be uninsured and unable to afford mental health counseling.

There are less available bilingual counselors due to their extreme demand. This often increases the waitlist for clients. Many individuals in this population are also from lower socioeconomic backgrounds. For many, it takes great courage to reach out for help. Long wait periods could easily lead to individuals giving up on seeking services. We hope interested donors will continue to support us in bringing these needed services and our creative strategies to the Chester County community. Together, we can help people overcome the obstacles to live happier and healthier lives, and strengthen the community of Chester County as a whole.

How We Measure Success

An expansion of our counseling program in Chester County will grant needed services to the most vulnerable members of our community. Counseling can help families remain intact, survive a crisis without psychiatric hospitalization, and improve individuals' healthy functioning in the community:

- Specifically, with a \$5000 amount of funding, we would be able to cover:
 - 140 hours of counseling time
 - Translating into 20 - 30 families (potentially more) served over a one-year period
- These families will be served by receiving:
 - Therapeutic consultations (ranging from 10 minutes to 1 hour)
 - Counseling sessions via in-person sessions and telehealth sessions (ranging from 45 minutes to 1 hour)

We expect that 85 percent of clients who engage in 1 to 3 consultations with our therapists will meet their goals as measured by self report over the next 12 months.

We expect that 80 percent of clients who engage in 4 or more counseling sessions with our therapists will meet goals and/or demonstrate improvement in functional assessment scores (using self-rated and clinician-rated assessment tools) over the next 12 months.

Because counseling is so individualized, we measure our impact at the individual level. Counselors work with each client or client system (i.e. family) to develop a treatment plan specific to their personal goals. These goals depend on the problems that the clients identify, and could range anywhere from spending more time with family, learning to manage anxiety, and/or finding a better paying job. Every four months, these plans are reviewed to assess the client's progress toward their stated goals.

In addition to utilizing treatment plans to measure progress, we employ two additional measures. At the beginning of treatment, counselors rate the clients using the Global Assessment of Functioning (GAF) Scale. This is a numeric scale used by mental health providers and physicians to rank a client's social, occupational and psychological functioning. Scores range from 100 (extremely high functioning) to 1 (severely impaired). When a client begins treatment, they complete the Areas of Current Concern Questionnaire, a self-assessment that helps counselors understand the client's perception of their problems and what areas are most distressing for clients. This self-assessment is completed by all clients every four months to assess progress.

When a client is ready to complete treatment, counselors review with clients their treatment plan to compare their goals to what has been achieved. Counselors again rate client's functioning using the GAF scale to assess improvement in functioning over the course of treatment.